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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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MONDAY, JANUARY 8, 2012

CONVISEDGA COLLEGE, HITCHCOCK, ONT.

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44TH YEAR - PG. 1

## Ironclad resolutions

By KATHERINE KASPER

The stroke of midnight on New Year's Eve marked the start of 2012 and all the resolutions we made to ourselves. Although these resolutions vary, many involve healthy eating and personal fitness. Included in each fall the student's tuition payment as a membership to the college's Fitness facilities, including the weight and cardio rooms.

The gym is located in the college's recreation center and is open Monday to Friday, 9 a.m. to 11 p.m., and weekends 9 a.m. to 5 p.m.

Students can also become involved in intramural sports, participate in the women's ice skate or the men's group fitness classes, and use the fitness rooms (bicycles are available on the college's website, [www.convisedga.com](http://www.convisedga.com)).

Students who already routinely go to the rec center may see a decrease in traffic over the next few weeks.

The spike in students with a newfound appreciation for fitness and so healthy benefits may affect those who already work out on a daily basis.

John Spornick is a first-year fitness and health promotion student who already uses the college workout facility five or six times a week.

Working the lower body muscle groups, including glutes, quads, hamstrings and abs, is his favorite, Spornick said.



PHOTO BY KATHERINE KASPER

John Spornick, a first-year fitness and health promotion student, lifts weights at Convisedga College's fitness facility. Spornick uses the college's weight and cardio rooms five to six days a week.

"My favorite exercise is squats," he said referring to an exercise that has a weight lifted but just across his shoulders while he squats up and down as if sitting in a low chair and then standing up again.

Spornick plans to earn a university nutrition degree after completing his two-year program at Convisedga College and dreams of becoming a professional sports team.

Those who recommend resolutions to personal fitness can count on seeing Spornick in the college rec center using the workout facilities.



## College not as green as it should be

By JESSICA MARTELL

If you had \$15,000 to improve the environmental status at Convisedga College how would you spend the money?

That is the question Convisedga Students Inc.'s (CSI) board of directors are facing as they prepare to vote a proposal of environmental ideas at an effort to receive a \$15,000 grant from Wetzel's Brown's environmental fund.

"The college is not practicing what it's preaching at all," said Tony Ross, director of

sustainability, at the CSI meeting on Nov. 26. "Many other companies have solar and wind energy. Convisedga as a general has better looked extremely bad and honestly poor off the scene."

Ross said it's time to take environmental action.

"We need to take it up to the next level, especially since the college has a strong focus on environmental education right now. We need to actualize those that we state about the environment."

A community garden, a waterfall to create hydro elec-

tricity, solar panels and a green wall full of plants were all ideas discussed around the table.

The board has until Jan. 14 to finalize and hand in the proposal for a suggested course of action.

In other locations, CSI directors decided to spend \$15,000 to spend the day with Convisedga's (MC) Government Committee to update their policy manual which hasn't been revised since 2005.

"The money we would be getting is based on governance

structure, a well trained board every year listed on a policy and procedures, a constitution that follows the core corporations act, that will be coming out shortly and make sure everything flows together so that we can be efficient and concise," said CSI president Cass Brown.

The board is planning to meet with CSI in January, after completing a survey to help CSI understand the issues.

"The workshop will be conducted to our board and what the issues in our policies,

our constitution and our governance process," said Brown. "The changes to the manual would not be effective immediately."

"The full implementation of we change our governing style and everything would have to be something this board would start and the next board would carry to completion," she said. "This year we can start with changes to the constitution, environmental issues and policy changes. But in the governance structure, it would have to start the 2013-2014 year."



# Open Mic for Andy's Fight raises \$1,191

By BRIAN ROBERTS

First-year journalism and leisure services students are doing their part in the never-ending battle against cancer and they're having fun in the process.

A fundraiser — dubbed *Open Mic for Andy's Fight* — was held in the Sanctuary on Dec. 1. Andy is Andy Houston, a family friend of a student in the class. Gary Smith, who was in danger of losing his job over the Christmas season because of a police officer who was diagnosed with small intestine cancer and is now unable to work. With a stay-at-home wife and three kids all under the age of four, his fight against cancer will be all the more difficult, especially on the financial side. So Smith and the rest of the journalism and leisure services students stepped in to do what they could to help their friend.

The \$1,191 raised for the Houston family at the fundraiser was a huge success according to Smith.

"The money is going straight to his family so they can use it for whatever they want," she said.

Students came up with the fundraising idea in their dynamics of leadership class, deciding to combine a talent contest with the open mic to create one elaborate fundraiser.

"We had to stand up in front of our class and tell what our groups were doing," said

Smith. "We decided to combine things. Now there are 20 or 25 of us that have come together and made this event happen."

The open mic portion gave Conestoga students the chance to display their musical talents. Smith took part, performing an original poem, and Tom Scherer and Brandon Hansen sang a duet of Ed Sheeran's classic, *I Put Your Picture Away*.

The fundraising act came from local up-and-coming artist Scotty James. James used to entertain people at their front door to pay the bills, but now he's recording Canada's *Millionaire Club* with his hit single *Woman In Love*.

At the talent contest, students could win cash prizes as performers, writers, artists, a musical performer, a signed Scherer's *Jeepers* jersey and all the *Tom Hansen* merchandise you could ever imagine.

A raffle draw for *Jeepers* tickets also raised money and a spontaneous flash mob performed by the students in the Sanctuary.

Journalism and leisure services students kept the Christmas spirit going throughout. December events such as *Groovy for Greco*, *Shopping for Dollars* and *The Amazing Race* at Conestoga all strive to help less fortunate individuals in the community during the Christmas season.



PHOTO BY BRIAN ROBERTS

First-year journalism and leisure services students dance in a flash mob at their open mic fundraiser (above) on Dec. 1 while local up-and-coming musician, Scotty James (below), performed in the Sanctuary for the Open Mic for Andy's Fight fundraiser.



## Conestoga College shows off new wing

By VANESSA ROBERTSON

The Health and Life Science Centre, also known as the H wing, had its open house ceremony on Nov. 29.

The three-floor addition at the Deen campus is over 30,000 square feet and worth \$11.6 million. Students, faculty and family were invited to visit the campus and see the hard work that's gone into the facility.

There are approximately 3,400 students enrolled full time at IT programs and 800 full-time faculty and staff.

*The Evening Journal* news group that provides professional practice and real-time information, connected and engaged.

The equipment there is easy to use and not overly expensive.

The centre is designed with three types of space for the students: spaces for student and faculty engagement and gathering; group rooms and classrooms for active learning; as well as residential learning environments.

I love it. It's like our own campus.

— Matt Musselwhite

"It's love it," said Matt Musselwhite, a first-year nursing student. "It's like our own space. It's all modern and feels like a university setting."

Aside from the spacious and

learning-friendly classrooms, the new F wing comes equipped with a study lounge area where students can spend some quiet time.

Almost all the classrooms are redesigned, so many of the features and examples there are an added benefit. The previous classrooms are furnished with outdated computer work, so calling books, high-tech dance mats and heart rate monitors.

"So far, so good," said Kim Myers, program assistant. "It's a lot of information, the students are making use of this space."

"It's not just nursing students, but also paramedics and respiratory therapy students as well, people they might be working with down the road," she said.



PHOTO BY VANESSA ROBERTSON

Conestoga College first-year nursing students spend their time in the F-wing's lounge area, studying for finals.

# Let's get networking

## By David Brown

Do you have a special talent within your profession to network? The business programs do.

"Networking is one of the most important skills that people can learn today in any career, but particularly in the business arena, it is important for people to know how to effectively communicate," said Markham Pomeroy, chair, School of Business and Management.

On Nov. 28 the Experiential Entrepreneurship program hosted an event called Let's Get Networking at the Rectory at Conestoga College. It is the third of six events.

Supporting Entrepreneurship is a series of six experiential programs that is designed

to enable students from across all disciplines to develop entrepreneurial characteristics and skills and to learn about professions involved in starting a small business.

"People from the community who believe in young people and their potential to grow businesses, now have the opportunity to meet with them," said Cindy O'Brien, principal and lead achievement advocate at The Achievement Center. "The key for meeting people in business is making yourself to be memorable in a positive way."

Seventy students are participating in the program and so far there are 16 students registered. The program is still looking for about five more students.

Some students agreed to be

matched up with more than one student.

"The students choose what type of business they are interested in and are then matched up with a mentor that is in that area of business," said Michelle Clarke, a second-year general business student.

If the mentor the student is matched with could not make it to the event, they still get to meet them at another time.

"We sat, that, mentors spent a minimum of 30 hours with their mentees over the next three months," said Pomeroy. "The exchange from either mentees to those of their business."

Students who don't know what they want to do in the business world still came to the event.

"I'm interested in meeting people," said Marcy Moore, a second-year general business student. "I'm not exactly sure what I want to do, but I think if I meet people, I will get some ideas."

Students such as Moore say they would like to be matched up with experts in any business.

"Mentors take an evening out of their personal lives and they wouldn't do that if they didn't feel strongly about it," said Julie Oliver, academic administrator, School of Business and Hospitality. "We've worked on coordinating this program of events since September."

The final event, which takes place at the very end of the year, is called Let's Venture, which is a pitch

competition that will involve groups, including a lot of million rolls with an entrepreneur. The theme for this program is Your Attitude Determines Your Altitude.

"We want something relevant that represents that reach for the sky theme," said Pomeroy. "The best or boldest in an industry whereby that students would like and a next way to promote a relationship between it's company, just like those kinds of activities are."

Conestoga Students has contributed \$5,000 toward the program. A few of the other contributors was the Ontario Ministry of Economic Development and Innovation, the Alumni Association of Conestoga and the Greater Kitchener Waterloo Chamber of Commerce.

## LIFTING SPIRITS IN WATERLOO REGION



PHOTO BY JAMES DICKSON

World champion figure skaters Tessa Virtue and David Peltier perform in the Prager at The Aud on Dec. 4. Peltier won this year's Battle of the Blades with his skating partner, Tessa Bernhardt.

## TOYS AND CLOTHES FOR THE SALVATION ARMY



PHOTO BY JILL HARRISON

The Kitchener and Waterloo Club of Proms spent \$4,000 on toys and clothes for the Salvation Army to give to families in need on Nov. 30 at Grand Tiger in Cambridge.



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# Au revoir 2011

By ERIN MCARDLE

The year of 2011, like its predecessors, was a year filled with intensity and diversity.

Students were too busy to notice as March when earthquakes in Japan gave us a worldwide shudder, killing 15,250 people.

The Arab Spring movement, which saw revolutions in Egypt and Tunisia and a fifteen-year war which ended with the capture and death of Muammar Gaddafi, only became viral in North America when news that the Internet had been censored or banned reached our online discussion boards.

When Canadians were watching or talking about the royal wedding in April according to the top Google searches of 2011. With many Canadians living below the poverty line what makes us obsessed with an affluent country for a family we don't even know?

We only noticed war appeared for a brief second after Osama Bin Laden was killed and throwing off a hint.

There was a larger and more profound impact as young Canadians after they found out former leader of the New Democratic Party Jack Layton, and three high school-aged girls were *deceased*.

Many kids at their schools had lost their way in 2011, losing lives and completed education. Some could not take the questions they saw and expelled themselves to the international orange mountains across the planet.

George Will wrote a dramatic collection of satirical essays in New York City's financial district, opened numerous other public land sales, many even becoming victims. "Change the world" was short-lived but the consequence of public opinion in 2011 shows that it will be remembered as an important origin point when the movement slowly unfolds.

When it came to the elections, where were we?

Not at the polling booth. Studies showed Canadians between the ages of 18 and 24 had a voter turnout of about 29 per cent in the 2011 federal election.

Maybe it's because young voters were too busy watching our beloved Black's Friday on YouTube, which got almost 10 million views this year.

Whether you were talking about how awful her song was or how amazing it was, you were talking about it. Black and her wealthy parents are the physical embodiment of the popular culture cause and here in 2011 money rules all.

In retrospect 2011 was a year in which we should have chosen action but instead we chose distraction.

The stars herein represent the position of the newspaper, not necessarily the author.

## Letters are welcome

Submit welcome letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

Unpublished letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication. Address correspondence to:

The Editor, Spoke, 2200 Deer Valley Dr., Room LC400, Markham Ont. M3G 4M4.



With the rocky 2011 economy, Santa found business at the real estate loop. He's hoping for a quieter 2012.

# Create new habits and achieve your resolution

## If you really want to change you'll have to work at it

As we enter 2012, more than half of the population has made a promise to themselves to succeed in their New Year's resolution.

According to the *Journal of Clinical Psychology*, a little 50 per cent of people make those commitments each year.

The top resolutions include quitting smoking, weight loss, increased exercise, better money management and to get out of debt.

Although almost everyone starts out with good intentions and a clear view of the goal they'd like to achieve, the most tragedy falls short of their targets.

Resolutions are a form of "cultural prescriptions," as termed by Timothy Pychyl, a professor of psychology at



Rachel Harty  
Opinion

Carleton University.

In other words, people are using the new year as a way to motivate themselves into action. It does not mean that the calendar is not going to motivate you to go to the gym at 6 a.m. every morning – you have to want it, and you have to work hard to achieve your goal.

The challenge is not only being specific in choosing your resolution, but planning it out. Being unrealistic can not only cause you to fail, but

it can be damaging to your self-worth. People may think that if they lose 10 pounds or pay off their loans their entire life will change. When it doesn't, it can lead to demoralization and cause them to fall back to old habits.

If you're not ready to change your bad habits to make room for new ones, your unrealistic goals and expectations are going to fail – another year, another unmet resolution.

If you do serious about your resolution, you have to focus on how to achieve it and how to stay on a winning streak.

Remember, don't let your self talk seriously. After all, there's always another new year.

## SPOKE

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# HOROSCOPE

Week of Jan. 2, 2012



**Aries**  
March 21 -  
April 19

There is a whole something fantastic coming along that changes everything; you'll appreciate that this year. Don't miss that opportunity.



**Taurus**  
April 20 - May 20

Remember, in order for something new to start, old things must end. Though it may seem painful at the time, change is good.



**Gemini**  
May 21 - June 21

You will have a friend that you care for very much this year; don't dwell on it too much. Things change, have a way of working out in the end.



**Cancer**  
June 22 - July 22

You will learn more from failure than you ever will from success. Learn that lesson now and this year will be far easier for you.



**Leo**  
July 23 - August 22

Regret only shows that you care, try and remember that this year. You'll end up enjoying a lot of things this year but that also means that you cared.



**Virgo**  
August 23 - September 22

Love and anger are the farthest from each other; get ready to live these two emotions within each and both the negative when always around you.



**Libra**  
September 23 - October 22

"Be who you are, and say what you feel, because those who mind don't matter and those who matter don't mind." Love by those words this year.



**Scorpio**  
October 23 - November 21

You've got to live how you want to live. There are tough words to realize but will be the definition of what this new year will be for you.



**Sagittarius**  
November 22 - December 21

Scorpio has a way of coming back and haunting you every year after they've been said. Be careful what words you keep this year.



**Capricorn**  
December 22 - January 19

Learn how to be on your own for now; if you're not comfortable with yourself how can anyone be comfortable with you?



**Aquarius**  
January 20 - February 18

Anything can be in its own, try taking the hard route now in a while this year, the rewards will pay off immensely.



**Pisces**  
February 19 - March 20

The biggest mistake that someone can make is realizing that they're on their own but are too stubborn to let it. Even if that stubbornness leads you back.

James Winick is the resident astrologer who has passed into the abyss and now it's going back for the last time, causing the universe to unfold before him.

## Conestoga offers free training in trades

### By NARRA ROBINSON

Conestoga College is offering 24 fully students interested in trades a free education.

Provided by the Government of Ontario, the college is accepting applications for their two new pre-apprenticeship programs: general machinist and pre-apprenticeship commercial vehicle and equipment technician.

The pre-apprenticeship general machinist program, offered at the Downs campus, will give students a peek into

trades such as general machinist, machine tool builder, integrative technology and tool and the machine. The program runs full time for 12 days and 110 right weeks of work placement experience integrated in the course.

The second program, pre-apprenticeship commercial vehicle and equipment technician, which will be held at the Guelph campus, also runs for 12 days and has eight weeks of work experience integrated. This program will train the students for trades such as heavy

truck equipment, truck and truck, power lift truck and farm equipment technician.

"I think it's a good idea," said Alexander Ramirez, a second-year mechanical engineering technology student. "The people that the trades have a great opportunity ahead of them, especially if they come from low income families."

For more information, contact Karina Gertz at 519 885-5250 ext. 3030 (Dundas at Hurontario), or email Gertz at kgertz@conestoga.ca or in

## Here's the simple secret to your pursuit of happiness

Hint: It involves the little things

Spread a little joy and make someone smile today. It seems like a pretty easy thing to do, but it's a meaning how many people forget how it's the little things in life that can make someone's day.

All of last month's Christmas commercials and messages were overflowing with cheer and happiness. However, it shouldn't be just for the holidays. Every day should be Christmas. There should always be someone that makes you feel excited, relaxed and energized.

It would be Valentine's Day, Mother's Day, Father's Day and all the days that celebrate someone all the



Miriana Moxley  
Opinion

time. You don't need a certain day to make someone feel special and important.

If you open a door for someone as great someone with a smile, that could very well happen like day. We're all sinners but we'll have respect when we see it and appreciate it when it's given to us.

Write or stressed out with school, family, relationships

and also, but that shouldn't take over your life. Be unhappy, and sometimes it's just not worth it.

Everyone is focused on what makes their life difficult, whether that be the small things

like things with other people make us happy. When we're with our friends, we become ourselves. We learn about who we are, our strengths and weaknesses. Gratitude makes us happy too. If we surround ourselves with positive people, you will be feeling better too.

The pursuit of happiness is like a trail; it's a long journey to your destination but the many steps can make you smile.

## Ski for Life offers gear and lessons

Classes held on Jan. 14, Feb. 1 and 22

### By KENNETH BULLIVANT

Have you ever wanted to learn how to ski without the hassle of having to buy all the equipment?

Ski for Life, a local company specializing in one-country ski training, is offering you just that. Starting in January they are offering free use of equipment, which is loaned. There will cost \$10 for the adults for a half day and \$10 for the children under 16

The lessons are available for people between the ages of nine and 80. Ski for Life instructor Dan Mahony said that it is just fun and has him doing great things to the community.

"We are just trying to help people learn, it's great. There is a skill set involved. A lot of people are not aware of that, and just end up walking on their toes."

Mahony said it's usually just learning the technique

side. "It will just be a loan; they have lessons, and then people can go to Laurel Creek and rent the skis and apply the skills we have given them."

The lessons will take place between 11 a.m. and 2 p.m. on Jan. 14, Feb. 1 and Feb. 22 at Rock to Rock in Waterloo. For more information, you can email Ski for Life at [siforlife@rocto.com](mailto:siforlife@rocto.com) or phone Dan Mahony at 509-910-0802.



# Fanelli's Head Strong needs your vote

By ANDREW CHAMBERLAIN

Postscript: After a long and tiring season, I'm glad to see that the fans of the Head Strong team have been able to make their remarkable return to hockey following an on-ice injury that nearly ended his life.

In a game on October 2009 at the Aul, a gruesome collision took place that almost over 100,000 when Mike Landman of the New York Islanders hit Fanelli into the boards, sending him to be treated in hospital.

Fanelli was initially hospitalized as a concussion, but had a fractured skull, a fractured orbital bone and required a brain surgery.

The Kitchener Rangers debounced returned to the ice this season and is also the poster boy for brain injury awareness across the Ontario Hockey League. Now trying to raise money for a cause that has been a big part of his life.

"I wanted to figure out a way that I could help other people get the same blessing or opportunity," he said. "I approached the team with an idea, but something I would do personally on my own, and they decided that they'd pump me down and help me out with it and now it's turned into a community group."

A foundation called Head Strong in honor of Fanelli, along with the assistance of Rangers' management, came up with an official awareness about brain injuries.

Head Strong has been entered in the Avoca Community Fund challenge, an initiative to receive \$50,000 from the lottery program but in order to receive the funding, Head Strong must receive enough votes to move forward to the final round of

judging as Fanelli is urging people to vote.

"It's really important to me and it's important to a lot of people in the Ontario Hockey Association of Ontario because that's where the program runs through and hopefully we can win it... there's 50 other programs who are competing with and we're hoping that we can spread the word and get lots of people voting."

**I don't want anything extra for what he passed to me; I want to be treated just like everyone else out there trying to play pro hockey, and that's the end goal and it will be for the rest of my career.**

— Ben Fanelli

Traverse Kevin Murphy and former teammate (left) Landman who has also been drafted into the Ontario Hockey League, have helped Fanelli train both physically and mentally to come back to where he was before the accident.

"Everyone on the team was really supportive through the past year when I haven't been playing but I guess those two guys were a little bit closer than the other guys" and Fanelli "We got even closer the past two years" he said. "Supporting me with training and just keeping me happy with me not playing hockey, which was pretty tough at times, so they were always there to help me out and help me with Head Strong which

was even better."

Fanelli hasn't overlooked the support of the fans to be recovered completely. Thanks from people who were paying for his recovery.

"I think if that support was still there, I wouldn't have returned to play as well as I could go back and thank every fan out there everyone that sent me letters, everyone that supported me, I would thank them individually it's unbelievable."

But it was his No. 1 fan who was with him from the beginning and to whom taking care of the 34-year-old was nothing new, his mother.

"I can't figure out how she managed to find the happy medium between being the sport of hockey and finding a way for me to play hockey again. Her job to support me, as a fatherhood, and I know as much for it. It's crazy. Now she's all the games in the arena hockey," he said.

The extraordinary coach looks like a coach, compared to that of a coach. Supporting him and his team Fanelli was paying the team.

"I am absolutely honored because that's my career and... and that's what inspired me. That's who I looked at for inspiration, during my comeback and that's an honour but I think he is a male coach of mine. I want to send through something I believe is for more than that I do a disease not many people can overcome the way he did."

Whatever the future holds for Fanelli, may it be in professional hockey or not, he just wants to be treated like every other player.

"I don't want anything extra for what happened to me, I want to be treated just like everyone else out there trying

to play pro hockey, and that's the end goal and it will be for the rest of my career."

Headstrong have been a huge part of hockey recently and the team has started a major debate. Given Fanelli's experience, he has an opinion but has no intention of lobbying for any rule changes.

"There's more focus on head shots now as hockey and, usually, the most important part to me is how we deal with them and making sure kids are getting the right attention and doing the proper things to make sure they had 100 per-

cent. I guess right there, that's the thing... taking care of the head injuries," he said.

When it comes to the future of Head Strong, Fanelli believes it is bright.

"It really comes off in the past year and people are supporting it more and more and it's important to me. I'm hoping it continues to and I'm thinking it will due to the fact that brain injuries are also starting to get a little more attention because of sport and because of all the reports we still have to learn about the brain."



PHOTO BY ANDREW CHAMBERLAIN

Ben Fanelli of the Kitchener Rangers, was seriously injured in a game on October 2009. He returned to action this season.



Accident coach Mike Landman (left) is right in action alongside Rangers players Ben Fanelli and Kevin Murphy of the Aul in Kitchener on Dec. 1.